

# Heart to Heart



## Early Season HeartCycle Rides

Are you looking for an early season bicycle tour? Well, HeartCycle has several that range from the California coast to the Finger Lakes region of New York State.

[California - New Wine Country](#) starts on May 21 in San Luis Obispo with stops in Paso Robles, Santa Maria before returning to SLO on May 28, staying multiple nights in each location. California's "New" Wine Region is anything but new. The oldest winery, York Mountain, dates to 1882 and entrepreneurs are planting more vineyards each year. This trip will be made up of morning and early afternoon rides with short, easy rides between wineries in the afternoon. The SAG vehicles will be available to transport the purchases you may make along the way. There will also be exploring both the cultural and natural history of one of the most captivating and beautiful sections of California. All winery fees are included.

[California Middle Kingdom](#) starts on June 4, also in San Luis Obispo but will move to a new location each day, with the exception of a day off in spectacular Monterey in the middle of the week. Stops include Paso Robles, King City, Monterey, Big Sur, and Moonstone Beach, before returning to SLO. On the "day off" in Monterey you will be able to take a guided kayak trip, bicycle to up the coast to the Elkhorn Slough Reserve, check out Steinbeck's Cannery Row, or visit the world class Monterey Bay Aquarium. There will also be plenty of opportunities to visit area wineries throughout the tour.

[New York Spring into Summer Finger Lakes](#) starts on June 11 in Corning with stops in Ithaca, Seneca Falls, Canandaigua, and Point Bluff before returning to Corning on June 19. According to Iroquois Indian legend, ancient Gods created the Finger Lakes when they reached out to bless the land and left imprints of their hands behind on this Upstate New York region. The combination of fresh water lakes and rich soil from the Ice Age glaciers has allowed this area to offer a cornucopia of varied terrain. The wineries as well as the surrounding mountains and river valleys have turned it into a cyclist's dreamland. The many quiet country roads that wind around famous lakes such as Canandaigua, Cayuga, Honeoye, Keuka and Seneca won't disappoint you. Marvel as you cycle into and out of the Chemung and Tioga River Valleys and past many of the 100 waterfalls. These are just a few of the scenes that await you in the surrounding landscape.

## HeartCycle Contacts

### The Board

**Richard Crocker** (719) 481-2313 (2011)

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Recruitment & Leader Development Director

### Working Members

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**Ira Goldschmidt** (303) 561-4817

Map Maker - [maps2@heartcycle.org](mailto:maps2@heartcycle.org)

## Notes From the Board

Have you ever enjoyed riding your bike with a group of friends and maybe helping out with a great cause at the same time? Many of us have done this as there is no lack of opportunities to sign up for fun rides and charity rides, but have you thought about doing it with a group of HeartCyclist?

On the following pages of this newsletter there are several such rides, for which HeartCyclists are organizing a HeartCycle Team.

There are lots of other opportunities that you can learn more about by going to:

[www.coloradobicyclerides.com](http://www.coloradobicyclerides.com);

and clicking on *Events*. Pick a ride and put together a group of HeartCyclists to form your own team. You can all wear your HeartCycle gear and when folks ask, let them know about HeartCycle and the great tours we provide every year.

Last year HeartCycle joined with Tony's Market for a fun ride around the south Denver metro area that went to all of Tony's Market locations to enjoy many of Tony's great treats and then ended at Tonys main market for a great lunch (see November 2010 HeartCycle newsletter). This year we are going to do the Tony's ride again but is going to be bigger and better, with proceeds being used to provide bicycles to under-privileged kids. Keep an eye out in future newsletters for information about when this ride will take place and other details.



## Ironhorse Bicycle Classic

May 28, 2011 - Sign-up Soon at: [www.ironhorsebicycleclassic.com](http://www.ironhorsebicycleclassic.com)

When you sign up for the Ironhorse Bicycle Classic you have the option to join Team **LIVESTRONG**

Your Team **LIVESTRONG** registration includes:

- Race Registration
- Team **LIVESTRONG** hat
- Option to purchase an exclusive Team **LIVESTRONG** jersey
- Team dinner and happy hour during event weekend
- Transportation from Silverton to Durango on event day
- A personalized fundraising website
- Fundraising tools website
- One-on-one support from **LIVESTRONG** staff

Your Team **LIVESTRONG** responsibilities are:

- Commitment to raise \$250 each
- Responsibility to represent the mission of **LIVESTRONG** in training and fundraising; to inspire and empower those affected by cancer
- Requirement to provide credit card information as a personal guarantee.
- NOTE: *Fundraising must be completed by Saturday, May 28, 2011, or your ride entry will be withdrawn.*



## STEAMBOAT MEMORIAL DAY TOUR

This tour is being offered by the Denver Bicycle Touring Club. HeartCycle members who are interested should go to [dbtc.org](http://dbtc.org) to register.

May 27-29, 2011

120-160 miles/3 days - Options for more mileage

**Rating: Intermediate to Advanced Intermediate with shorter options**

**Cost \$175**

Bicycle in the magnificent valley of Steamboat Springs, Colorado and the surrounding mountains. Ride over 20 Mile Road to Oak Creek on Saturday. For those who just have to have more exquisite riding, there is an option to add the Yellow Jacket Pass loop. This is a 55 - 60 mile day with some surprising elevation. We will do Rabbit Ears Pass on Sunday which can be anywhere from 35 – 65 miles. Some folks may want to do a shorter day and ride the Yellow Jacket Pass to Oak Creek route. It is not part of the scheduled tour, but the ride up to Gore Pass could be done on your own. Monday will be the Clark/Steamboat Lake ride. This is an out and back which will allow people to turn around as needed for their plans to return home. Trip can be moderate to advanced / moderate depending on the routes you choose. Maps will be provided for all noted routes. If there are weather considerations, we may switch routes.

On Saturday from 4:30 pm to 5:30 pm there will be a social hour at the Nordic Lodge. There are usually some snacks left over, so we will finish them off on Sunday. All other meals are on your own. This tour is not sag supported, so be sure you have all the tools you need for any tire or bike repair – and plenty of food, water and clothes for the weather conditions.

Tour Leader: Diane Short

For more information contact Diane @ 303-763-9874 or email [dianbike@eazy.net](mailto:dianbike@eazy.net)



## **Join HeartCyclists at The Denver Century Ride**

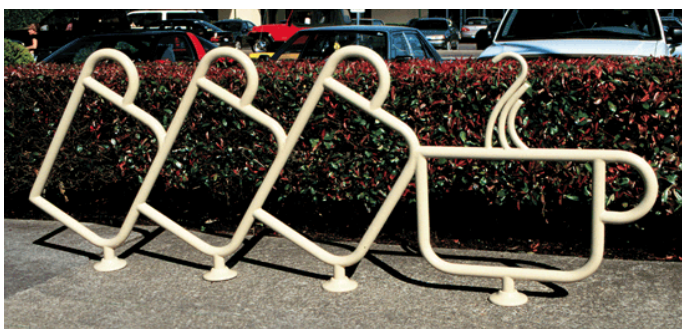
On Sunday June 12, 2011 the second annual Denver Century Ride will take place, [www.denvercenturyride.com](http://www.denvercenturyride.com). HeartCycle member Chris Matthews conceived the idea of a century bicycle ride based out of Denver and his employer, Coldwell Banker, brought the idea to fruition. Last year's inaugural event was a huge success and this year's should be even better. The ride will start and end at Invesco Field and the route covers a nice blend of urban, suburban, foothills and mountain terrain on roads and trail systems throughout the Denver Metro area. Throughout the ride, cyclists will enjoy touring dozens of Colorado's most impressive neighborhoods, bike trail systems, notable sites and breathtaking views including Red Rocks Park, Chatfield Reservoir, Cherry Creek State Park, the Platte River and Lookout Mountain. This professionally organized and carefully planned event is a wonderful opportunity for HeartCycle members to increase their training regimen and enjoy a group ride.

Join Jerry Bakke and Chris Matthews for a day of riding on a challenging loop around Metro Denver with other HeartCyclists. If you are interested in joining us please let Chris or Jerry know before you register because they have arranged for a discount price of \$60.00 for HeartCycle members.

Contact Chris at [chriswmatthews@msn.com](mailto:chriswmatthews@msn.com) or Jerry at [jerrybakke@msn.com](mailto:jerrybakke@msn.com) before April 1st if you plan to participate. Let's get together and have a great ride!



## The Wacky World of Bicycle Racks



## Colorado HeartCycle 2011 Tours

### Vietnam

February 23 - March 9 Status: Full  
 14 days, E37 - I75 \$2,520.00  
 Jim Berry, [jimberry@qwest.net](mailto:jimberry@qwest.net)  
 (303) 779-3607 or (303) 880-4282

### California - Springtime in San Diego

April 22 - May 1 Status: 1 female/shared  
 9 days, A60 - E80 \$1,060.00  
 Sy Katz, [SKSKATZ@Comcast.net](mailto:SKSKATZ@Comcast.net)  
 (303) 789-5268 or (303) 550-2073 (Cell)  
 Bob Rowe [browe49@comcast.net](mailto:browe49@comcast.net)  
 (303) 762-0494 or (303) 910-7230 (Cell)

### Utah Southern Canyonlands

May 20 - 29 Status: 1 male/shared  
 9 days, I59 - A78 \$1,190.00  
 Ken Condray, [condray3@comcast.net](mailto:condray3@comcast.net)  
 Becky Botino, [bbottino7@comcast.net](mailto:bbottino7@comcast.net)  
 (425) 745-1159

### California - New Wine Country

May 21 - 28 Status: Open  
 8 days, I75 \$1305.00  
 Duncan Rollo, [duncanrollo@msn.com](mailto:duncanrollo@msn.com)  
 (970) 224-2783

### California Middle Kingdom

June 4 - 12 Status: Open  
 8 days, I38 - A74 \$1,250.00  
 Duncan Rollo, [duncanrollo@msn.com](mailto:duncanrollo@msn.com)  
 (970) 224-2783  
 Dan Pappone, [danpappone@att.net](mailto:danpappone@att.net)  
 (408) 316-1667

### New York Spring into Summer Finger Lakes

June 11 - 19 Status: Open  
 8 days, I70 - A75 \$1,195.00  
 Jim Bethel & Janet Reilly  
[jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766

### Colorado Never Summer Challenge

July 1 - 4 Status: Open  
 3 days, I56 - A86 \$425.00  
 Sheridan Garcia, [sheridangarcia@yahoo.com](mailto:sheridangarcia@yahoo.com)  
 (303) 638-0330

### Colorado Chama Challenge

August 5 - 8 Status: Full  
 3 days, I49 - A90 \$395.00  
 Sheridan Garcia, [sheridangarcia@yahoo.com](mailto:sheridangarcia@yahoo.com)  
 (303) 638-0330

### Colorado Western Gems

August 20 - 27 Status: Open  
 7 days, I37 - A72 \$1,025.00  
 Harvey Hoogstrate, [harvhoog@gmail.com](mailto:harvhoog@gmail.com)  
 (303) 755-9362  
 Ken Condray, [condray3@comcast.net](mailto:condray3@comcast.net)  
 (425) 745-1159

### Wisconsin River Bluffs

September 3 - 9 Status: Open  
 6 days, I45 - A80 \$750.00  
 Jay DeNovo, [jdenovo@tds.net](mailto:jdenovo@tds.net)  
 (608) 241-2601  
 Gary Angerhofer, [garyangerhofer@gmail.com](mailto:garyangerhofer@gmail.com)  
 (303) 919-2818

### Pacific Coast Border to Border

September 10 - 24 Status: Full  
 14 days, I27 - A78 \$2,190.00  
 Jerry Bakke, [jerrybakke@msn.com](mailto:jerrybakke@msn.com)  
 (303) 738-9861  
 Steve Parker, [parker3097@yahoo.com](mailto:parker3097@yahoo.com)  
 (970) 382-9551

### Wisconsin Explore the Door

September 11 - 18 Status: Full  
 7 days, E50 \$1,120.00  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467  
 Deb Wuchner, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)  
 (303) 792-2111

### Pennsylvania Autumn Harvest

October 8 - 15 Status: Open  
 7 days, I63 - A81 \$975.00  
 Bob Eaches, [bob.eaches@gmail.com](mailto:bob.eaches@gmail.com)  
 (201) 384-0740  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 481-2313